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**Kost**

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(54) **MYOTHERAPY MASSAGE DEVICE**

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(\*) Notice: Subject to any disclaimer, the term of this  
patent is extended or adjusted under 35  
U.S.C. 154(b) by 120 days.

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(51) **Int. Cl.**<sup>7</sup> ..... **A61H 1/00**; A61H 23/02

(52) **U.S. Cl.** ..... **601/49**; 601/70; 601/90

(58) **Field of Search** ..... 601/46, 49, 56,  
601/57, 58, 70, 79, 98, 99, 100, 101-111,  
67, 69

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Huber LLP

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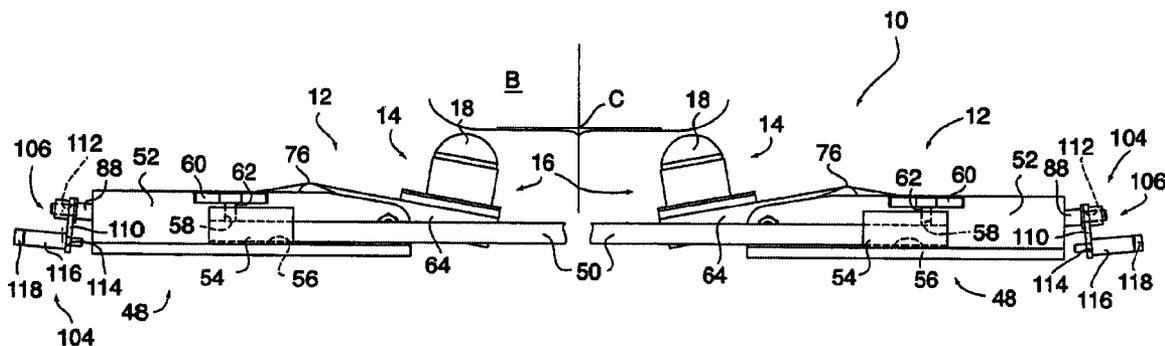
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(57) **ABSTRACT**

A myotherapy message device for the treatment of lower back myofascial pains having two laterally spaced massage heads each having a vibrator, and optionally a heater, disposed in the massage head, an apparatus for positioning the message heads vertically and laterally permitting a user to lay upon the device for relief of myofascial pains. A method for relieving myofascial pains involves contacting the affected muscles with the two laterally spaced massage heads and applying pressure, vibration and optionally heat to the areas of contact thereby relieving tension in the muscles.

**23 Claims, 7 Drawing Sheets**



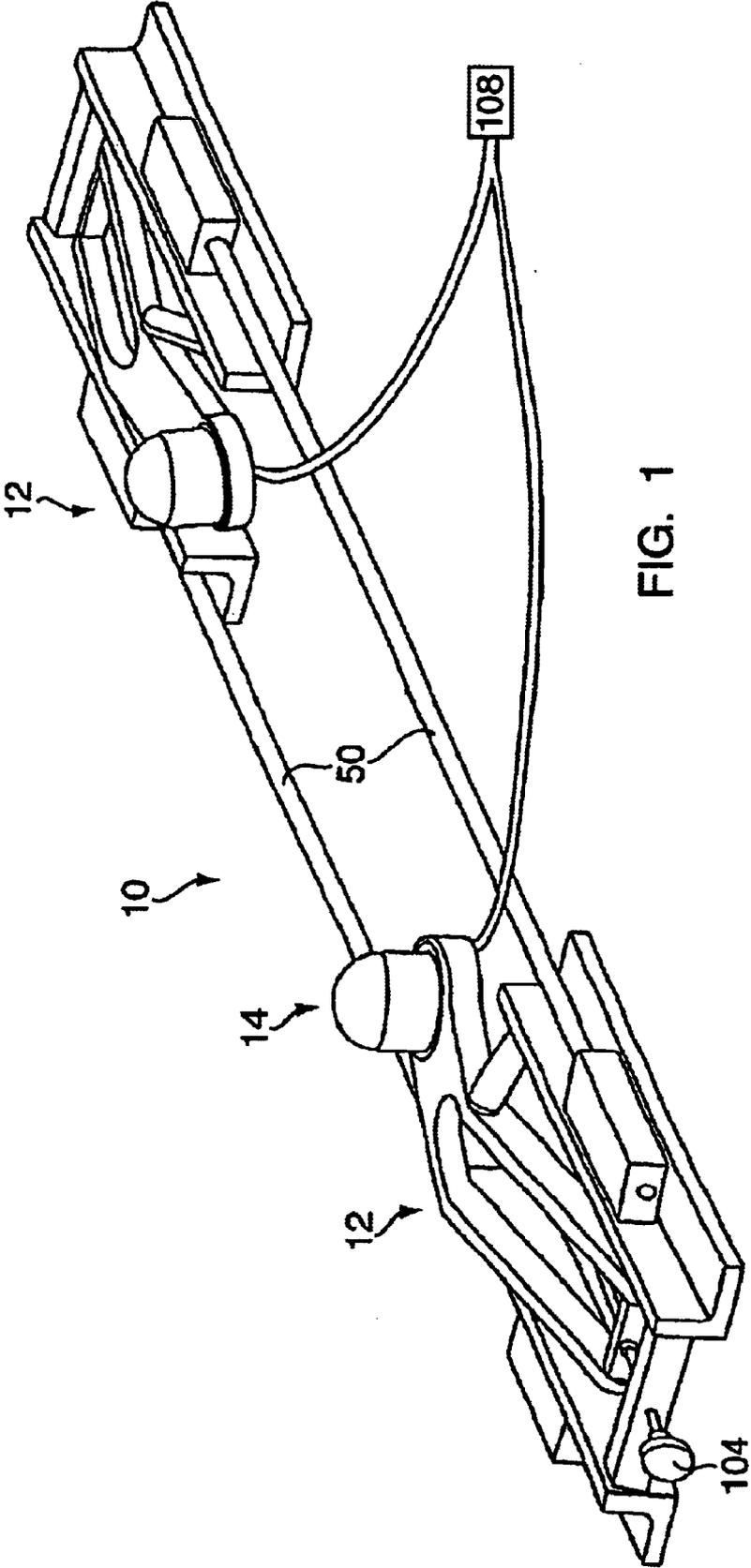


FIG. 1



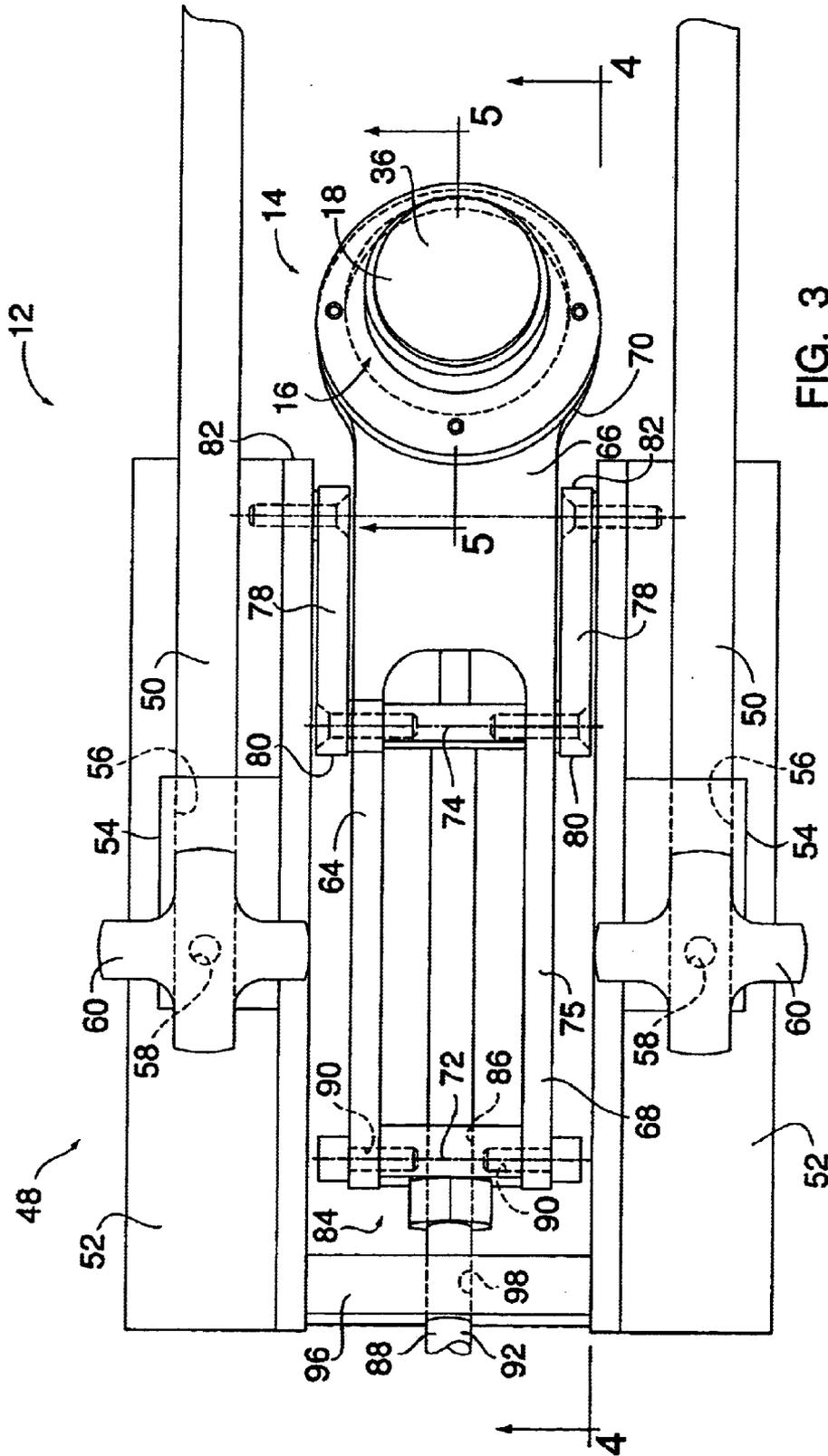


FIG. 3

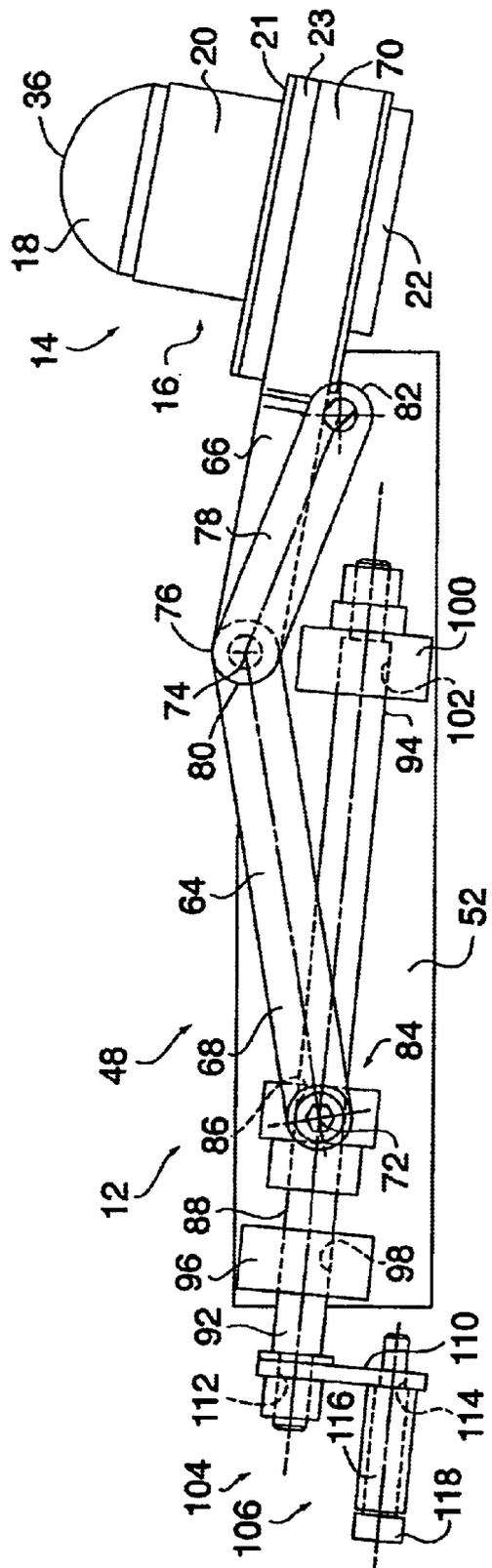


FIG. 4

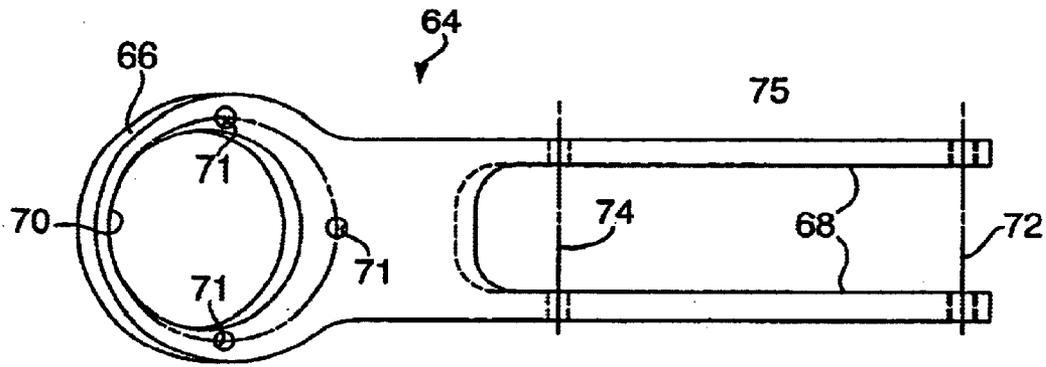


FIG. 5a

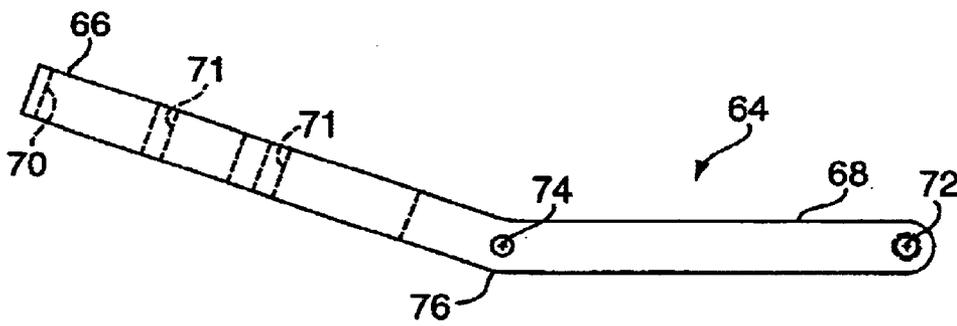


FIG. 5b

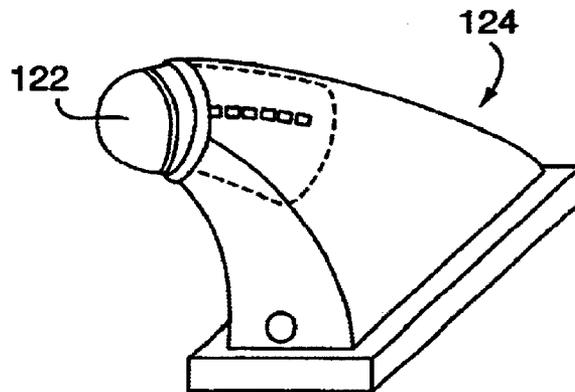


FIG. 10

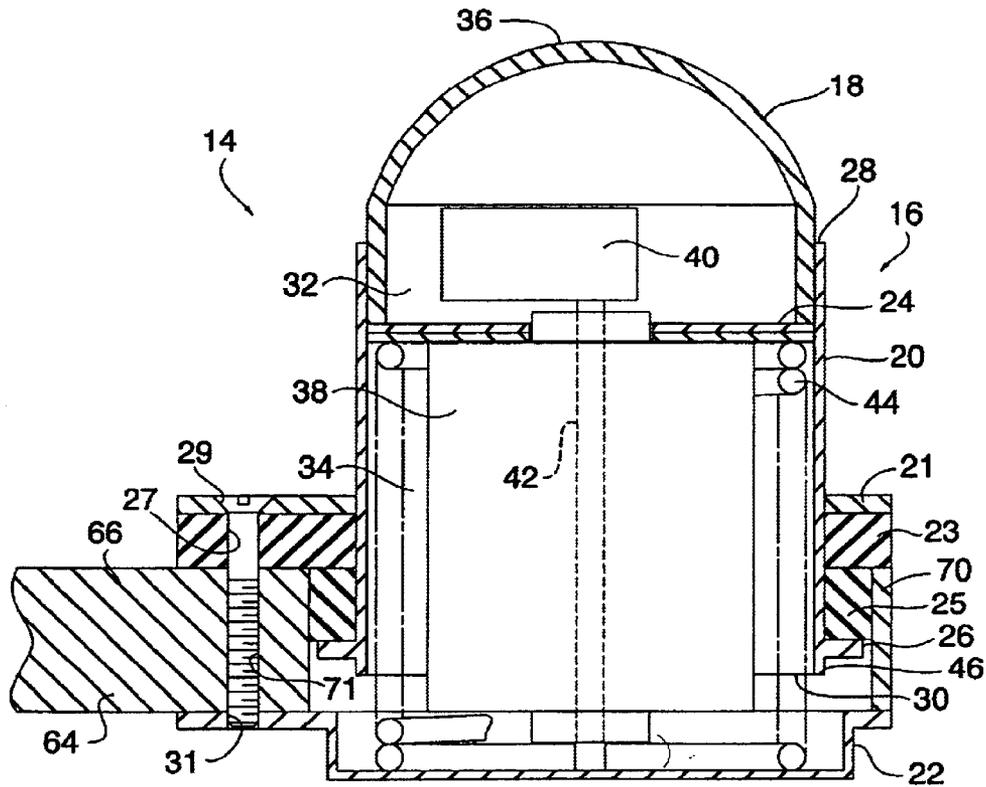


FIG. 6

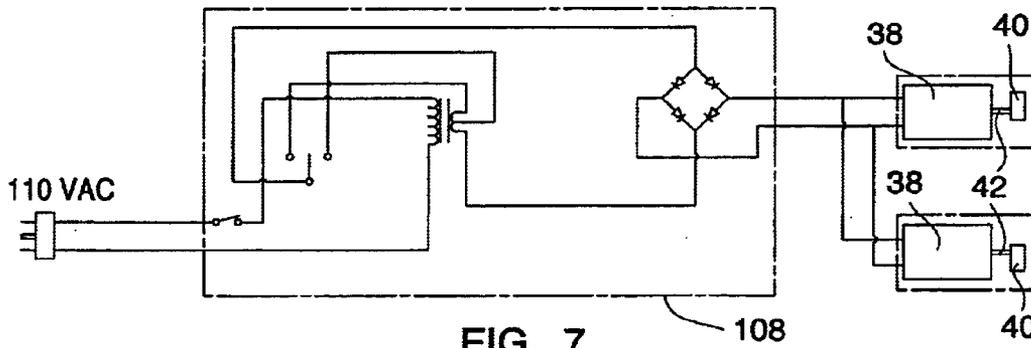


FIG. 7

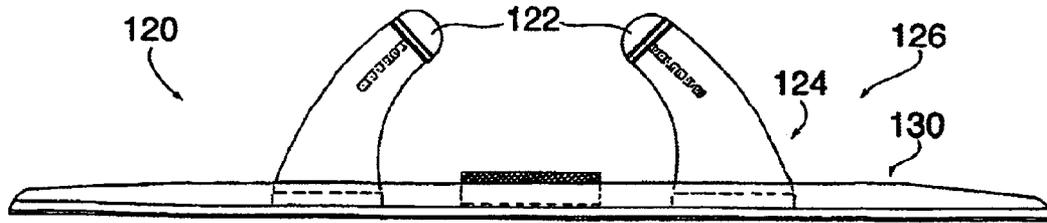


FIG. 8

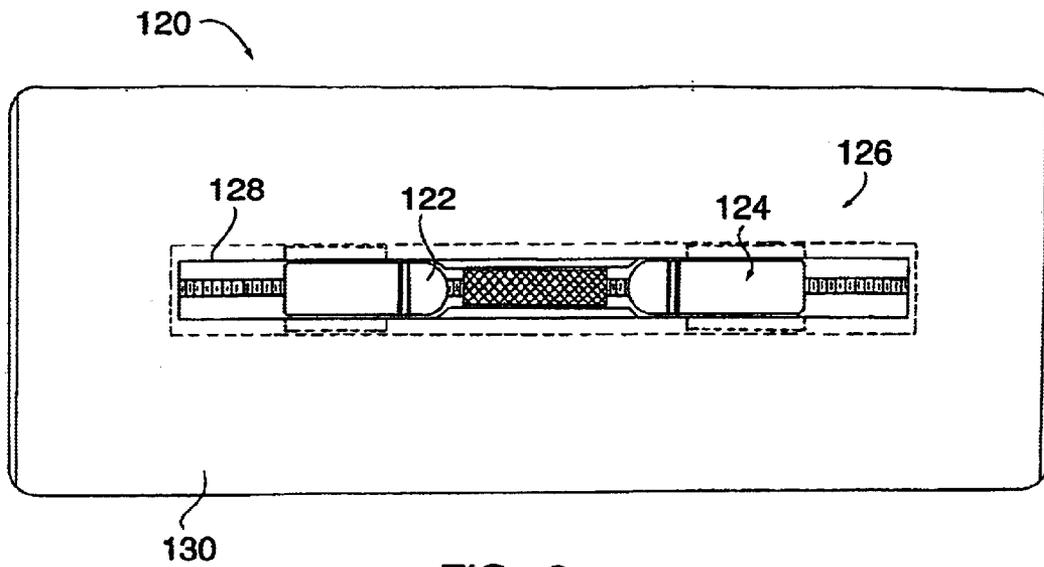


FIG. 9

**MYOTHERAPY MESSAGE DEVICE****FIELD OF THE INVENTION**

The present invention relates to a massaging device for alleviating lower back myofascial pains, and in particular to a massaging device having at least one protruding massage head to apply pressure, vibration and optionally heat to a focal region of the lower back.

**BACKGROUND OF THE INVENTION**

Myofascial pains are one of the most common causes of lower back pains. The two most commonly affected lower back muscles are the quadratus lumborum and lumbar paravertebral muscles. Conventional devices used to relieve lower back muscle pains frequently have a vibrating surface or roller surface which makes contact with the lower back region.

Previous devices have not been designed for use with a myotherapy treatment technique. Myotherapy is the treatment of muscle spasms through focally applied pressure to myofascial regions of pain (small bands of muscle spasms). The treatment involves a gradual increase in the applied pressure to release the spasm. The technique has been used for some time to manually treat lower back pain. Massage devices designed for myotherapy treatment are not known.

Massage devices which are worn like a belt to provide general, but not focused, massaging action are known. For example, U.S. Pat. No. 4,850,340 discloses a device for applying heat and vibration to the body by generating a magnetic field to relieve pain and stiffness, which device has individual hollow cases pivotally coupled together in a stand of cases, the ends of which are coupled to belt portions adapted to be attached together to support the strand around a body member. Similarly, U.S. Pat. No. 4,732,140 describes a vibratory massage device which has several belts of varying sizes, to which one or two vibrator units can be releasably attached for use on various body parts. These devices do not apply focussed pressure to the body areas to be treated.

Massaging devices for applying massaging action against the lower back by lying against the device are also known in the prior art. Typically, such devices are pad- or pillow-like and apply general massaging action to the body lying or sitting on the device, as shown in U.S. Pat. No. 3,854,474 (padding material having massaging mechanisms thereunder), U.S. Pat. No. 5,020,517 (back massager attached to a back cushion), U.S. Pat. No. 5,503,618 (hydromassage pillow using heated jet pulsed water in a hollow pillow cushion), and U.S. Pat. No. 5,188,096 (massage apparatus which includes a mat that slips over the back of a seat). These devices, however, are not adjustable to apply focused massaging action as desired by the operator of the device.

Conversely, U.S. Pat. No. 5,179,940 ('940) describes a method for applying a mechanical massage which, while the back of a user is against the back rest of a chair or lying on a bed, uses a massage mechanism device having a pair of spaced parallel arm members and a massaging wheel rotatably supported on one end of each of the arm members. Although the device of patent '940 allows adjustment of the distance between each arm member, it does not permit focused massage utilizing heat or vibration.

U.S. Pat. No. 5,582,582 ('582) discloses a device having a massaging mechanism with a plurality of rotatable heads

with projections which can be positioned upon the user's back for applying massaging action thereto. The user lies upon their stomach while the massaging mechanism is positioned to apply massage therapy to the user's back. The device of the '582 patent has a frame with legs that permit positioning the frame on top of a massage table/bed. U.S. Pat. No. 4,984,568 likewise shows a back massaging device for use on a bed to apply massage therapy to the back while the user is on their stomach, which device has a clamp for securing to a bed frame and an arm for positioning the massaging device. Neither of these devices permits the user to lie on his back and adjust the pressure. Each of these prior devices requires a second person to operate and position the device correctly.

Handheld massaging devices are also well known. U.S. Pat. No. 4,632,095 shows a pressure-point attachment for use with electrical hand-held massagers to apply point-pressure combined with vibration to known body pressure points. U.S. Pat. No. 3,841,321 discloses a therapeutic massage unit having an enclosed casing with cylindrical body wall and hemispherical end wall, and a handle for manually applying massage to the body.

Massage devices which apply heat and vibration are known in the prior art. For example, U.S. Pat. No. 4,722,326 describes a vibratory therapeutic device which has a plurality of interchangeable massage heads, wherein only one massage head may be used at a time and heated air flow may be applied through the head. U.S. Pat. No. 5,551,949 describes an infrared massage device which has a hand-held housing, a mechanical vibration generator disposed within the housing, mechanical vibration being transmitted to at least a heat-conductive portion of the housing, and at least one source of infrared radiation. U.S. Pat. No. 4,604,993 discloses a hand-held vibratory massage device with a heating element having an applicator head which can apply both tapping and rubbing action. U.S. Pat. No. 3,710,785 shows a hand-held massager device used to apply vibration and infrared heat to the body, which massager includes a floating head connected to the main housing of the massager by a coil compression spring.

Handheld devices do not permit the user to apply pressure to their own backs. Such devices require a second person to apply the pressure. Also, the pressure applied manually by a second person does not permit the user to finely adjust the pressure applied but instead requires the user to give the second person verbal instructions which may or may not be understood and followed. Furthermore, prior art devices, which a user lies upon, do not permit focused application of pressure, massaging action, or heat, but instead provide generalized massaging action or heat.

None of the above inventions and patents, taken either singularly or in combination, is seen to describe or suggest the instant invention as claimed. Thus, a massaging device to alleviate lower back myofascial pain solving the aforementioned problems is desired.

**SUMMARY OF THE INVENTION**

An object of the present invention is to provide directed focal pressure to lower back muscles. Previous devices have not isolated specific lower back muscles for treatment and have not implemented a myotherapy modality of treatment (graduated slight increases in applied focal pressure) using ones own body weight to apply the necessary pressure for the treatment.

Another object of the present invention is to provide vibratory massage action to a focal region of the lower back

muscles. Previous devices have typically used generalized massage action to the back or require an individual other than the user to operate the device. The present invention permits the user to direct focalized massage action to the back as desired without the further assistance of an additional person.

Yet another object of the present invention is to provide heated focal pressure to lower back muscles. The device also possesses the option of using heat within the vibrating head for additional therapeutic benefit.

A further object of the present invention is to provide a method for using the device to alleviate myofascial pains of the lower back region. The device is designed to permit the user thereof to gradually increase pressure to the effected muscle regions as desired.

The present invention relates to a massaging device used to alleviate lower back myofascial pain. The device possesses at least one protruding massage head which applies vibration and heat with focal pressure to the lower back muscles affected by myofascial pains. Pressure is applied by the individual lying on the device. Each of the protruding components individually can be adjusted to provide the appropriate measure of vibration and, if desired, heat. The distance between massage heads and the height of each massage head are also adjustable to accommodate individual anatomical variation and to apply optimal focal pressure to the affected lower back musculature. Vibration frequency is maintained from about 90 Hz to about 110 Hz range to optimize the pain reducing benefit. Typically, a vibration frequency of about 100 Hz releases the spasms and pain in the lower back when applied thereto for a short time.

Previous devices were not specifically designed to isolate treatment to these specific lower back muscles. These devices do not employ a gradually increased application of pressure (myotherapy) to release the spasm. They also do not use the individuals own body weight as a means of applying the needed pressure. The present device is used in such a way that the individual simply lies on top of it, with the device applying pressure to the problematic musculature. Lying down enables the lower back musculature a greater degree of relaxation because the lower back muscles are not being used to maintain posture. Relaxed muscles are preferable for optimal therapeutic benefit.

The therapeutic device possesses two spaced substantially parallel vibrating massage heads each of which applies pressure to the specific right and left-sided lower back muscles (quadtratus lumborum and lumbar paravertebral muscles) desired. The device may be used unilaterally or bilaterally. Adjusting the distance between the vibrating heads allows for anatomical individual variability when making contact with the right and left side lower back muscles. The device may be used unilaterally by further increasing the distance between the heads. With the individual lying on the device focal pressure is applied to the spastic region in the muscle. The individual being treated self adjusts a knob or crank provided on the device that finely alters the elevation of the heads. Increased elevation results in increased applied pressure to the spastic region of the muscle (Myotherapy). The treatment may be only minutes in duration and results in a release in the band of muscle spasticity thereby reducing myofascial pain.

An additional therapeutic benefit is obtained due to the vibrational effect of the heads. The frequency of the vibration is controlled by a knob on the power source box. The individual may self-regulate the frequency of the vibration based upon comfort level. The device possesses a range of

applied vibration frequency which includes vibrational frequencies from about 90 Hz to about 110 Hz. As has been shown in the medical literature, reduction in pain is frequently seen at about 100 Hz. Further benefit is obtained by the option of providing applied heat to the focal region.

An advantage of the present invention is the ability for the individual to self-regulate the pressure. The knob or crank provided on the device permits the user to adjust and fine-tune the relative vertical height, and horizontal position, of the substantially parallel massage head(s) while in use.

Another advantage is that the device can be operated by the user alone and does not require a second person to help the user focus the treatment. An individual suffering from myocardial pain can treat themselves alone without assistance.

These and other objects and advantages of the present invention will become readily apparent upon further review of the following drawings and specification.

#### BRIEF DESCRIPTION OF THE DRAWINGS

The novel features of the described embodiments are specifically set forth in the appended claims; however, embodiments relating to the structure of the present invention may best be understood with reference to the following description and accompanying drawings.

FIG. 1 is a schematic perspective view of an embodiment of the myotherapy massage device of the present invention consisting of two opposing massage devices.

FIG. 2 is a side view of a myotherapy massage device according to the embodiment of FIG. 1 showing a schematic of a user's back and relative placement of the device.

FIG. 3 is a top view of the massage device of the embodiment of FIG. 2.

FIG. 4 is a sectional view taken along line 44 of FIG. 3.

FIG. 5a is a top view of a lift arm used in the embodiment of FIG. 1.

FIG. 5b is a side view of the lift arm of FIG. 5a.

FIG. 6 is a sectional view taken along line 5—5 of FIG. 3.

FIG. 7 is a schematic view of a control box and vibrator assemblies of the current invention.

FIG. 8 is a schematic view of an alternate embodiment of a myotherapy massage device of the present invention.

FIG. 9 is a schematic view of the embodiment depicted in FIG. 8.

FIG. 10 is a schematic view of a massage head according to the embodiment depicted in FIG. 8.

Similar reference characters denote corresponding features consistently throughout the attached drawings.

#### DETAILED DESCRIPTION OF PREFERRED EMBODIMENTS

A myotherapy massage device 10 for alleviating lower back myofascial pain, as shown in FIGS. 1 and 2, is contemplated by the present invention. The myotherapy massage device 10 possesses at least one massage device 12, as shown in FIG. 3, having a protruding massage head 14 that applies vibration with focal pressure to the lower back muscles affected by myofascial pains. The massage head 14 may also apply heat to the lower back muscles. The pressure is applied by the individual lying on the device. Each of the protruding components individually can be adjusted to provide the appropriate measure of vibration and heat, if

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available. The distance between massage heads and the height of each massage head is also adjustable to accommodate individual anatomical variation and to apply optimal focal pressure to the affected lower back musculature.

A method for treating lower back myofascial pains using the myotherapy massage device **10** of the present invention comprises effecting the release of muscle spasms [treatment] by gradually increasing pressure on a targeted focal area. The user lies upon the device so that their back **B** is in proper orientation with the center line **C** of the spinal column positioned roughly equidistant between the two massage heads, as shown in FIG. **2**. The method for treating lower back pains according to the present invention is discussed hereinafter in greater detail.

The myotherapy massage device **10** for the treatment of lower back myofascial pains has two laterally spaced massage devices **12** each having a massage head **14**. Each massage head **14** has a vibrator, as discussed hereinbelow. The myotherapy massage device **10** permits a user to position the massage heads **14** vertically and laterally. The massage heads **14** of the massage device **10** are laterally spaced so that the massage heads are substantially parallel to one another in order to contact a user's back in roughly the same region on both sides of the center line of the spinal column. Each massage head has a motor housing **16** enclosing the vibrator. The motor housing **16** has a tube **20**, as shown in FIG. **6**, having a bottom end **30** and a top end **28**. A bottom cap **22** is disposed on the bottom end **30** of the tube **20**. A top cap **18** is disposed on the top end **28** of the tube **20** opposite the bottom cap **22**. The motor housing **16** may have an edge or protrusion, referred to herein as a lip **26**, circumnavigating the tube **20** adjacent the bottom end **30** of the tube **20** such that some length **46** of tube extends therebelow. The phrase "laterally spaced" as used herein defines the substantially opposing but parallel positions of contact areas of the massage heads **14**, and is not intended to imply that the massage heads **14** or the massage devices **12** are in fact positioned strictly parallel to one another. The term "contact area" refers to the area of contact between the massage head **14** and a user of the myotherapy massage device **10**.

Note that the motor housing **16** need not be cylindrical as shown in the figures. The tube **20** may have a square, circular, oval, etc. cross section. Furthermore, the top cap **18** has a shape complementary to the tube **20** shape and need not be rounded but may present a flat surface having any cross sectional shape desired. In fact, the over all shape of the message head need not be restricted to the shape shown in the figures. Message heads of varying shapes, such as square, rectangular and the like, are also contemplated by the present invention. Furthermore, the top cap of the present invention may include interchangeable shapes/styles which will provide for a precise to a broad contact area as desired. Various shapes/styles may be desired to alter the amount of surface area applying pressure to the region of contact on the body.

A retention plate **24** may be disposed between the top and bottom ends **28** and **30** of the tube **20** such that the top cap **18** contacts and rests upon the retention plate **24**. Top and bottom spaces **32** and **34** are created within the motor housing **16** by the retention plate **24**. The top space **32** adjacent the top cap **18** is smaller than the bottom space **34** adjacent the bottom cap **22**. The top cap **18** may have a convex top surface **36**.

The vibrator may have an electric powered motor **38** to produce vibration by turning an axle **42** with an asymmetric

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weight **40** attached thereto, as shown in FIGS. **6** and **7**. The motor **38** may be disposed in the bottom space **34** and attached to the retention plate **24** so that the weight **40** is permitted free movement in the top space **32**.

A heater may be disposed in the motor housing **16** to heat the top cap **18**. The heater in the top cap **18** is taken from the group consisting of heating coils, infrared radiation, resistance wires, and resistance wire tape, all of which are well known in the industry. The heater may be disposed within the top cap **18** and in contact thereto for conducting heat therethrough. Furthermore, the top cap **18** may be composed of a heat conducting material.

A coil compression spring **44** may be disposed in the motor housing **16** between the bottom cap **22** and the top cap **18** thereby cushioning the vibrator so the vibration of the massage head **14** is dampened with respect to the motor housing **16**, in general, and amplified with respect to the top cap **18**, in particular. The coil compression spring **44** may be disposed in the motor housing **16** between the bottom cap **22** and the retention plate **24**, as shown in FIG. **6**, thereby cushioning the vibration such that the vibration of the massage head **16** is dampened with respect to the motor housing **16**. In other words, the top cap **18** as it rests on the retention plate **24** is buoyed by the coil compression spring **44** such that the vibration generated by, for example, the rotating asymmetric weight **40**, is concentrated in the top cap **18** and the retention plate **24** as the vibrator is attached thereto.

In one of the embodiments, the aspect of the massage device **12** for positioning the massage heads **14** laterally comprises two opposing base assemblies **48** slidably connected to one another by two guide rods **50**. Each base assembly **48** is made up of two opposing bases **52**, shown in FIG. **3**, with the massage heads disposed between the bases, as shown in FIG. **1**. A guide **54** is disposed on each base **52** having a first opening **56** therethrough for slidably receiving the guide rod **50**, as shown in FIGS. **1**, **2** and **3**.

Each guide **54** may further comprise a perpendicular threaded second opening **58**, bisecting the first opening **56**, for receiving a knob **60** having a screw extension **62** thereon which can be tightened to secure the guide rod **50** in place. Other methods for restricting the movement of the base assemblies **48** relative to the guide rods **50** are also contemplated by the present invention.

The aspect of the invention used to position the massage heads **14** vertically utilize the same base assembly **48** as discussed above. The two opposing bases **52** have a lift arm **64** disposed between the two opposing bases **52**, as shown in FIG. **4**. The lift arm **64** has a length with a first and second end **66** and **68**. A structure to attach the massage head **14** at the first end **66** is provided. The structure shown in FIGS. **4** and **5a** is a ring structure **70** which receives the bottom end **30** of the massage head's **14** motor housing **16** therethrough. Other structures such as an open ring structure, or an indentation may be substituted for the ring structure **70**. At the minimum, the massage head **14** may be fixed by any well-known means directly to the first end **66** of the lift arm **64** instead of a ring structure **70** or any other structure.

A specific example of a design for attaching the massage head **14** to the lift arm **64** is shown. The lift arm **64** has a ring structure **70** at the first end thereof. The ring structure **70** has threaded openings **71** for receiving screws. A gasket **23** and a plate **21** are provided which have openings **27** and **29** corresponding to the threaded openings **71** of the lift arm **64** which are shown in FIGS. **5a** and **5b**. The bottom cap **22** is also provided with corresponding threaded openings **31**. A

rubber gasket **25** may be disposed around the tube **20** of the motor housing **16** adjacent the lip **26**. The massage head **14** is disposed on the ring structure **70** so that the bottom cap **22** is adjacent one side of the lift arm **64** while the gasket **23** and plate are disposed on the other side of the lift arm **64**. The bottom end of the motor housing is disposed adjacent the bottom cap **18** and the lip **26** then the rubber gasket **25** is placed around the housing and adjacent the lip **26**, the remaining gasket **23** and plate **21** are placed over the motor housing as shown. The threaded openings **71** and the corresponding openings **27**, **29** and **31** are matched and screws or the like are inserted therethrough in order to secure the massage head in place.

A pivot axis **72** at the second end **68** of the lift arm, and a lift axis **74** disposed between the first and second ends **66** and **68** of the lift arm **64**. The pivot and lift axes **72** and **74** may consist of openings with axles extending therethrough, or partially therethrough, provided in the lift arm **64**, as shown in the FIGS. **4** and **5B**. Alternatively, the pivot and/or lift axes **72** and **74** may consist of protrusions extending out from the lift arm **64** in a manner analogous to the axles shown, as is well known in the art. A bend **76** in the lift arm **64** may be provided at the point of the lift axis **74** so that the massage head **14** can be positioned correctly for use, as shown in FIG. **5b**.

Two linkers **78** are provided to pivotably attach the lift arm **64** to the bases **52** as shown in FIG. **4**. Each linker **78** has first and second ends **80** and **82**, with the first end **80** of the linker pivotably disposed on the lift axis **72** and the second end **82** of the linker pivotably disposed between the two opposing bases **52**. The two ends may have openings for receiving axles or protrusions therethrough. Alternatively, the linker may have protrusions therefrom for insertion into openings at the lift axis and/or in the bases **52**.

A pivot axis assembly **84** has a first threaded opening **86** therein forming a passage for receiving a crank shaft **88** and a second opening **90** for receiving the pivot axis **72** of the second end **68** of the lift arm **64**. Optionally, the second end of the lift arm may comprise a U-shaped extension **75** such that the pivot axis assembly fits between two legs of the U-shaped extension **75**. The crankshaft **88** has a length, a first threaded end **92**, and a second threaded end **94**. A first spacer block **96** attached to and disposed between the two opposing bases **52** and having an opening **98** for rotatably receiving the first end **92** of the crank shaft **88** therethrough is provided. A second spacer block **100** attached to and disposed between the two opposing bases **52** and having a threaded opening **102** therein for receiving a second end **94** of the crank shaft **88** is also provided. The crankshaft **88** has a handle **104**, a crank **106** or other such device for rotating the crankshaft **88** disposed on the first end **92** of the crankshaft **88**. The crank **106** may consist of one piece. Alternatively, the crank may have a crank plate **110** with two openings wherein the first opening **112** is affixed to the first end **92** of the crank shaft **88** having a screw **118**, or equivalent, through the second opening **114** thereof with a sleeve handle **116** slidably engaged on the screw **118**.

A controller **108** for modulating the vibration frequency may be provided. FIG. **7** shows a possible configuration for the controller **108** and the electrical connections to and from the motors **38**. The device may operate at a vibration frequency greater than about 90 Hz, and less than about 110 Hz to provide effective pain relief. A vibration frequency of about 100 Hz is desired.

An alternative embodiment of a myotherapy massage device **120** of the present invention is depicted in FIGS. **8**,

**9** and **10**. In this embodiment, the massage heads **122** are positioned laterally by a base assembly **126** having two opposing bases **124** slidably engaged in a track **128** on a platform **130**. Each massage head **122** is slidably engaged in each base **124** such that the massage heads **122** can be individually positioned vertically.

A method of treating myofascial pain using the myotherapy device of the present invention involves placing the device on a sturdy flat surface such as a floor, table, bed or the like. The device is positioned so that the two vibrating heads of the device come in contact with the right and left sides of the lower back as an individual lies on top of the device. The region treated is between the pelvic hip-bone (the iliac crest) and the ribs. As the individual lies down on the device, the distance between the two vibrating heads is approximately six inches.

The individual may need to make some fine adjustment to the distance between the vibrating heads so that each vibrating head comes in contact with the outer sides of the muscles that run along both sides of the spine thereby placing the point of contact on the lateral aspects of the Quadrates lumborum and erector spinae muscles on both sides of the spine. The height/elevation of the vibrating heads will need to be adjusted by the individual so that adequate pressure is applied to these muscles without causing marked discomfort. The height is adjusted by turning the knob on the side of the device. Approximately one and one half minutes of vibrating pressure are applied to the muscles. The time and amount of pressure being applied may be altered based upon therapeutic benefits.

Although the present embodiments show lateral and vertical adjustments of the substantially parallel massage heads via mechanical adjusting devices, additional adjusting devices are contemplated by the present invention such as, but not limited to, hydraulics, electrical and/or electronics to provide any or all of the operating and adjustment functions herein. In other words, automatic apparatuses may be provided to turn a crank to lift the lift arm or to adjust the device laterally. It is to be understood that the present invention is not limited to the embodiments described above, but encompasses any and all embodiments within the scope of the following claims.

What is claimed is:

**1.** A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

two laterally spaced massage heads, with each massage head having vibration means;

a means for positioning the massage heads vertically relative to one another;

a means for positioning the massage heads laterally relative to one another;

wherein each massage head has a motor housing enclosing the vibration means, wherein the motor housing comprises:

a tube having a bottom end, and a top end;

a bottom cap disposed on the bottom end;

a top cap disposed on the top end opposite the bottom cap; and

wherein the vibration means is disposed within the motor housing; and

the massage device further comprising a retention plate disposed between the top and bottom ends of the tube wherein the top cap contacts and rests upon the retention plate, thereby creating top and bottom spaces within the motor housing such that the top space adjacent the top cap is smaller than the bottom space adjacent the bottom cap.

2. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:  
 two laterally spaced massage heads, with each massage head having vibration means;  
 a means for positioning the massage heads vertically relative to one another;  
 a means for positioning the massage heads laterally relative to one another;  
 wherein each massage head has a motor housing enclosing the vibration means,  
 wherein the motor housing comprises:  
 a tube having a bottom end, and a top end;  
 a bottom cap disposed on the bottom end;  
 a top cap disposed on the top end opposite the bottom cap; and  
 wherein the vibration means is disposed within the motor housing;  
 the device further comprising a retention plate disposed between the top and bottom ends of the tube wherein the top cap contacts and rests upon the retention plate, thereby creating top and bottom spaces within the motor housing such that the top space adjacent the top cap is smaller than the bottom space adjacent the bottom cap; and  
 wherein the vibration means comprises a motor which turns an asymmetric weight thereby producing vibration.

3. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:  
 two laterally spaced massage heads, with each massage head having vibration means;  
 a means for positioning the massage heads vertically relative to one another;  
 a means for positioning the massage heads laterally relative to one another;  
 wherein each massage head has a motor housing enclosing the vibration means,  
 wherein the motor housing comprises:  
 a tube having a bottom end, and a top end;  
 a bottom cap disposed on the bottom end;  
 a top cap disposed on the top end opposite the bottom cap;  
 wherein the vibration means is disposed within the motor housing;  
 the device further comprising a retention plate disposed between the top and bottom ends of the tube wherein the top cap contacts and rests upon the retention plate, thereby creating top and bottom spaces within the motor housing such that the top space adjacent the top cap is smaller than the bottom space adjacent the bottom cap;  
 wherein the vibration means comprises a motor which turns an asymmetric weight thereby producing vibration; and  
 wherein the motor is disposed in the bottom space and attached to the retention plate and the weight is permitted free movement in the top space.

4. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:  
 two laterally spaced massage heads, with each massage head having vibration means;  
 a means for positioning the massage heads vertically relative to one another;  
 a means for positioning the massage heads laterally relative to one another;

wherein each massage head has a motor housing enclosing the vibration means,  
 wherein the motor housing comprises:  
 a tube having a bottom end, and a top end;  
 a bottom cap disposed on the bottom end;  
 a top cap disposed on the top end opposite the bottom cap;  
 wherein the vibration means is disposed within the motor housing; and  
 said message device further comprising a coil compression spring disposed in the motor housing between the bottom cap and the top cap thereby cushioning the vibration means such that the vibration of the massage head is dampened with respect to the motor housing and amplified with respect to the top cap.

5. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:  
 two laterally spaced massage heads, with each massage head having vibration means;  
 a means for positioning the massage heads vertically relative to one another;  
 a means for positioning the massage heads laterally relative to one another;  
 wherein each massage head has a motor housing enclosing the vibration means,  
 wherein the motor housing comprises:  
 a tube having a bottom end, and a top end;  
 a bottom cap disposed on the bottom end;  
 a top cap disposed on the top end opposite the bottom cap; and  
 wherein the vibration means is disposed within the motor housing;  
 the message device further comprising a retention plate disposed between the top and bottom ends of the tube wherein the top cap contacts and rests upon the retention plate, thereby creating top and bottom spaces within the motor housing such that the top space adjacent the top cap is smaller than the bottom space adjacent the bottom cap; and  
 said message device further comprising a coil compression spring disposed in the motor housing between the bottom cap and the retention plate thereby cushioning the vibration means such that the vibration of the massage head is dampened with respect to the motor housing.

6. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:  
 two laterally spaced massage heads, with each massage head having vibration means;  
 a means for positioning the massage heads vertically relative to one another;  
 a means for positioning the massage heads laterally relative to one another;  
 wherein each massage head has a motor housing enclosing the vibration means, wherein the motor housing comprises:  
 a tube having a bottom end, and a top end;  
 a bottom cap disposed on the bottom end;  
 a top cap disposed on the top end opposite the bottom cap;  
 wherein the vibration means is disposed within the motor housing; and  
 said message device further comprising an edge circumnavigating the tube adjacent the bottom end of the tube such that some length of tube extends therebelow.

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7. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

two laterally spaced massage heads, with each massage head having vibration means;

a means for positioning the massage heads vertically relative to one another;

a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning the massage heads laterally relative to one another comprises an apparatus having two opposing base assemblies slidably connected to each other by two guide rods, wherein each base assembly comprises two opposing bases having the means for positioning the massage heads vertically relative to one another disposed between the bases, and a guide disposed on each base having a first opening therethrough for slidably receiving a guide rod.

8. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

two laterally spaced massage heads, with each massage head having vibration means;

a means for positioning the massage heads vertically relative to one another;

a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning the massage heads laterally relative to one another comprises an apparatus having two opposing base assemblies slidably connected to each other by two guide rods, wherein each base assembly comprises two opposing bases having the means for positioning the massage heads vertically relative to one another disposed between the bases, and a guide disposed on each base having a first opening therethrough for slidably receiving a guide rod; and said massage device further comprising means for restricting the movement of the base assemblies relative to the guide rods.

9. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

two laterally spaced massage heads, with each massage head having vibration means;

a means for positioning the massage heads vertically relative to one another;

a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning the massage heads laterally relative to one another comprises an apparatus having two opposing base assemblies slidably connected to each other by two guide rods, wherein each base assembly comprises two opposing bases having the means for positioning the massage heads vertically relative to one another disposed between the bases, and a guide disposed on each base having a first opening therethrough for slidably receiving a guide rod; and wherein each guide further comprises a perpendicular threaded second opening, bisecting the first opening, for receiving a knob having a screw extension thereon which can be tightened to secure the guide rod in place.

10. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

two laterally spaced massage heads, with each massage head having vibration means;

a means for positioning the massage heads vertically relative to one another;

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a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning each massage head vertically comprises:

a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases;

the lift arm has a length with a first and second end, a means for attaching a massage head at the first end

a pivot axis at the second end thereof, and

a lift axis disposed between the first and second ends of the lift arm;

a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;

a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;

the crank shaft having a length, a first end, and a second end;

a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough; and

a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft.

11. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

two laterally spaced massage heads, with each massage head having vibration means;

a means for positioning the massage heads vertically relative to one another;

a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning each massage head vertically comprises:

a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases;

the lift arm has a length with a first and second end, a means for attaching a massage head at the first end

a pivot axis at the second end thereof, and

a lift axis disposed between the first and second ends of the lift arm;

a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;

a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;

the crank shaft having a length, a first end, and a second end;

a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough; and

a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft; and

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wherein the crankshaft has a means for rotating the crankshaft disposed on the first end of the crankshaft.

**12.** A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

- two laterally spaced massage heads, with each massage head having vibration means;
- a means for positioning the massage heads vertically relative to one another;
- a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning each massage head vertically comprises:

- a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases;
- the lift arm has a length with a first and second end,
- a means for attaching a massage head at the first end a pivot axis at the second end thereof, and
- a lift axis disposed between the first and second ends of the lift arm;
- a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;
- a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm; the crank shaft having a length, a first end, and a second end;
- a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough;
- a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft; and

said massage device further comprising a bend in the lift arm.

**13.** A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

- two laterally spaced massage heads, with each massage head having vibration means;
- a means for positioning the massage heads vertically relative to one another;
- a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning each massage head vertically comprises:

- a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases;
- the lift arm has a length with a first and second end,
- a means for attaching a massage head at the first end a pivot axis at the second end thereof, and
- a lift axis disposed between the first and second ends of the lift arm;
- a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;
- a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening

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- forming a means for receiving the pivot axis of the second end of the lift arm;
- the crank shaft having a length, a first end, and a second end;
- a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough;
- a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft; and

wherein the second end of the lift arm comprises a U-shaped extension such that the pivot axis assembly fits between two legs of the U-shaped extension.

**14.** A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

- two laterally spaced massage heads, with each massage head having vibration means;
- a means for positioning the massage heads vertically relative to one another;
- a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning each massage head vertically comprises:

- a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases;
- the lift arm has a length with a first and second end,
- a means for attaching a massage head at the first end a pivot axis at the second end thereof, and
- a lift axis disposed between the first and second ends of the lift arm;
- a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;
- a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;
- the crank shaft having a length, a first end, and a second end;
- a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough;
- a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft;

wherein the second end of the lift arm comprises a U-shaped extension such that the pivot axis assembly fits between two legs of the U-shaped extension; and

wherein the two legs of the U-shaped extension extend past the pivot axis.

**15.** A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

- two laterally spaced massage heads, wherein each massage head has a motor housing enclosing a vibration means, the motor housing has a tube having bottom and top ends,
- a bottom cap disposed on the bottom end of the motor housing, and
- a top cap disposed on the top end of the motor housing opposite the bottom cap;

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a means for positioning the massage heads vertically relative to one another;

a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning the massage heads laterally comprises an apparatus having two opposing base assemblies slidably connected to one another by two guide rods, wherein each base assembly comprises two opposing bases having the means for positioning the massage heads vertically disposed between the bases, and a guide disposed on each base having a first opening therethrough for slidably receiving a guide rod.

16. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

two laterally spaced massage heads, wherein each massage head has a motor housing enclosing a vibration means, the motor housing has a tube having bottom and top ends,

a bottom cap disposed on the bottom end of the motor housing, and

a top cap disposed on the top end of the motor housing opposite the bottom cap;

a means for positioning the massage heads vertically relative to one another;

a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning the massage heads laterally comprises an apparatus having two opposing base assemblies slidably connected to one another by two guide rods, wherein each base assembly comprises two opposing bases having the means for positioning the massage heads vertically disposed between the bases, and a guide disposed on each base having a first opening therethrough for slidably receiving a guide rod; and

wherein the means for positioning each massage head vertically comprises:

a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases;

the lift arm has a length with a first and second end,

a means for attaching a massage head at the first end a pivot axis at the second end thereof, and

a lift axis disposed between the first and second ends of the lift arm;

a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;

a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;

the crankshaft having a length, a first end, and a second end;

a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough; and

a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft.

17. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

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two laterally spaced massage heads, wherein each massage head has a motor housing enclosing a vibration means, the motor housing has a tube having bottom and top ends,

a bottom cap disposed on the bottom end of the motor housing, and

a top cap disposed on the top end of the motor housing opposite the bottom cap;

a means for positioning the massage heads vertically relative to one another;

a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning the massage heads laterally comprises an apparatus having two opposing base assemblies slidably connected to one another by two guide rods, wherein each base assembly comprises two opposing bases having the means for positioning the massage heads vertically disposed between the bases, and a guide disposed on each base having a first opening therethrough for slidably receiving a guide rod;

wherein the means for positioning each massage head vertically comprises:

a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases;

the lift arm has a length with a first and second end,

a means for attaching a massage head at the first end a pivot axis at the second end thereof, and

a lift axis disposed between the first and second ends of the lift arm;

a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;

a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;

the crankshaft having a length, a first end, and a second end;

a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough; and

a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft;

wherein the means for attaching the massage head to the first end of the lift arm comprises an opening therethrough for receiving the motor housing of the massage head.

18. A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

two laterally spaced massage heads, wherein each massage head has a motor housing enclosing a vibration means, the motor housing has a tube having bottom and top ends,

a bottom cap disposed on the bottom end of the motor housing, and

a top cap disposed on the top end of the motor housing opposite the bottom cap;

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a means for positioning the massage heads vertically relative to one another;

a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning the massage heads laterally comprises an apparatus having two opposing base assemblies slidably connected to one another by two guide rods, wherein each base assembly comprises two opposing bases having the means for positioning the massage heads vertically disposed between the bases, and a guide disposed on each base having a first opening therethrough for slidably receiving a guide rod;

wherein the means for positioning each massage head vertically comprises:

a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases; the lift arm has a length with a first and second end, a means for attaching a massage head at the first end a pivot axis at the second end thereof, and a lift axis disposed between the first and second ends of the lift arm;

a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;

a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;

the crankshaft having a length, a first end, and a second end;

a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough;

a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft; and

wherein the crankshaft has a handle for rotating the shaft disposed on the first end of the shaft.

**19.** A myotherapy massage device for the treatment of lower back myofascial pains, the device comprising:

two laterally spaced massage heads, wherein each massage head has a motor housing enclosing a vibration means, the motor housing has a tube having bottom and top ends,

a bottom cap disposed on the bottom end of the motor housing, and

a top cap disposed on the top end of the motor housing opposite the bottom cap;

a means for positioning the massage heads vertically relative to one another;

a means for positioning the massage heads laterally relative to one another;

wherein the means for positioning the massage heads laterally comprises an apparatus having two opposing base assemblies slidably connected to one another by two guide rods, wherein each base assembly comprises two opposing bases having the means for positioning the massage heads vertically disposed between the bases, and a guide disposed on each base having a first opening therethrough for slidably receiving a guide rod;

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wherein the means for positioning each massage head vertically comprises:

a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases; the lift arm has a length with a first and second end, a means for attaching a massage head at the first end a pivot axis at the second end thereof, and a lift axis disposed between the first and second ends of the lift arm;

a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;

a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;

the crankshaft having a length, a first end, and a second end;

a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough; and

a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft;

wherein the means for attaching the massage head to the first end of the lift arm comprises an opening therethrough for receiving the motor housing of the massage head; and

said massage device further comprising a bend in the lift arm at the lift axis.

**20.** A massage device comprising:

a massage head having a motor housing enclosing a vibration means, the motor housing has a tube having bottom and top ends,

a bottom cap disposed on the bottom end of the motor housing, and

a top cap disposed on the top end of the motor housing opposite the bottom cap; and

a means for positioning each massage head vertically comprising a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases; the lift arm has a length with a first and second end,

a means for attaching a massage head at the first end a pivot axis at the second end thereof, and

a lift axis disposed between the first and second ends of the lift arm;

a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;

a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;

the crank shaft having a length, a first end, and a second end;

a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough; and

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a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft.

21. A massage device comprising:

a massage head having a motor housing enclosing a vibration means, the motor housing has a tube having bottom and top ends,

a bottom cap disposed on the bottom end of the motor housing, and

a top cap disposed on the top end of the motor housing opposite the bottom cap; and

a means for positioning each massage head vertically comprising a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases; the lift arm has a length with a first and second end,

a means for attaching a massage head at the first end a pivot axis at the second end thereof, and

a lift axis disposed between the first and second ends of the lift arm;

a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;

a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;

the crank shaft having a length, a first end, and a second end;

a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough; and

a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft; and

wherein the means for attaching the massage head to the first end of the lift arm comprises an opening therethrough for receiving the motor housing of the massage head.

22. A massage device comprising:

a massage head having a motor housing enclosing a vibration means, the motor housing has a tube having bottom and top ends,

a bottom cap disposed on the bottom end of the motor housing, and

a top cap disposed on the top end of the motor housing opposite the bottom cap; and

a means for positioning each massage head vertically comprising a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases; the lift arm has a length with a first and second end,

a means for attaching a massage head at the first end a pivot axis at the second end thereof, and

a lift axis disposed between the first and second ends of the lift arm;

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a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;

a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;

the crank shaft having a length, a first end, and a second end;

a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough; and

a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft; and

wherein the crankshaft has a handle for rotating the shaft disposed on the first end of the shaft.

23. A massage device comprising:

a massage head having a motor housing enclosing a vibration means, the motor housing has a tube having bottom and top ends,

a bottom cap disposed on the bottom end of the motor housing, and

a top cap disposed on the top end of the motor housing opposite the bottom cap; and

a means for positioning each massage head vertically comprising a base assembly composed of two opposing bases and a lift arm disposed between the two opposing bases; the lift arm has a length with a first and second end,

a means for attaching a massage head at the first end a pivot axis at the second end thereof;

a lift axis disposed between the first and second ends of the lift arm;

a linker, having first and second ends, with the first end of the linker pivotably disposed on the lift axis and the second end of the linker pivotably disposed between the two opposing bases;

a pivot axis assembly having a first threaded opening therein forming a passage therethrough for receiving a crankshaft therethrough and a second threaded opening forming a means for receiving the pivot axis of the second end of the lift arm;

the crank shaft having a length, a first end, and a second end;

a first spacer block attached to and disposed between the two opposing bases and having a threaded opening for receiving a first end of the crank shaft therethrough; and

a second spacer block attached to and disposed between the two opposing bases and having a threaded opening therein for receiving a second end of the crankshaft; and

further comprising a bend in the lift arm at the lift axis.